

Thought Record Sheet - Depression

Situation	Unhelpful Thoughts / Images	Feelings: <ul style="list-style-type: none"> Emotion/s rate 0 – 100% Physical sensations 	Alternative response / healthier more balanced perspective	What I did / What helped? Action plan / Defusion technique What's the best thing to do?	Re-rate emotion 0 – 100%
<p>What happened? Where? When? (Day & time) Who with?</p>	<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>	<p>What emotion did I feel at that time? What else? How intense was it?</p> <p>What did I feel in my body?</p>	<p>Am I looking at things through those 'gloomy specs'? How would things look without those 'gloomy specs'? Am I filtering out and dismissing any alternative perspective? What would someone else say about this situation? Is there another way of seeing it? What's the bigger picture? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this fact or opinion?</p>	<p>What could I do differently? What would be more effective?</p> <p>Do <u>something</u>!</p> <p>What will be most helpful for me or the situation? What will the consequences be of doing or not doing....?</p>	<p>What am I feeling now? How intense is that feeling now?</p>